

# The Center Post

Volume 20 Issue 1

JANUARY 2011

*The Enrichment Center  
Hours of Operation:  
Monday—Thursday  
8 a.m.—8 p.m. and  
Friday 8 a.m.—5 p.m.  
919-776-0501*

**Our purpose is to connect boomers, seniors and family caregivers with meaningful educational and volunteer opportunities; increase their access to services, benefits and resources, and offer tools to manage health and finances.**

**Look inside for information on...**

- ◆ **DASH—public transportation, p. 2**
- ◆ **Governor's Award for Outstanding Volunteer Service, p. 3**
- ◆ **Family Caregivers, p. 6**
- ◆ **Veterans Service, p. 7**

## **HAPPY NEW YEAR!**

### **How can YOU join our daily celebration at The Enrichment Center?**

The majority of our programs and activities are open to all adults. Services are available to those age 60 and better and a resident of Lee County. Stop by or subscribe to The Center Post to receive the exciting news of what boomers, seniors and family caregivers are experiencing at The Enrichment Center. The mission of Lee County Senior Services is to fashion an achievable vision of successful aging in Lee County. Our purpose at The Enrichment Center is to connect boomers, seniors and family caregivers with meaningful educational and volunteer opportunities; increase access to benefits and resources, and offer tools to manage health and finances.

#### *Tai Chi Classes*

by the **Arthritis Foundation**

Mondays, January 24—April 11, 2011  
10:45 a.m. with Instructor **Peggy Rowles**.

Cost: \$70 payable first class. DVD available at end of class. Open to all adults—space is limited. This program is designed by the **Arthritis Foundation**. It is recommended as a starting point for beginners and is suitable for all people with or without arthritis or other health problems.

Open to all adults—space limited.  
Call 776-0501 ext. 201 to register.



#### *The Enrichment Center Captain's Choice Mixed Group—*

Teams are formed by drawing cards and all skill levels are welcome. **9:00 a.m. Tee Time each Wednesday at Carolina Lakes. \$16.00 with Cart. Interested golfers should contact Josie Nagy, 499-1208. A Golf Adventure Brought to You By The Enrichment Center.**

## *Living Healthy*

*Take CONTROL of your HEALTH and your life.*

**Mondays, January 24 through February 28, 2011**

**1:30 p.m.—4:00 p.m.**

**Co-facilitators Debbie Williams  
Carole Nicely & Jeanette Redman**

*Living Healthy* is a self management program for people with any type of chronic disease such as arthritis, emphysema, high blood pressure, diabetes, asthma, bronchitis and heart disease. *Living Healthy* will help you learn how to: manage symptoms, fight

fatigue, make daily tasks easier, communicate effectively with your doctor, lessen your frustration, build your confidence & develop an action plan.

**Sign up early. Class size limited! Call 776-0501 ext. 201 to register.**



*Mexican Train Dominos* with Instructor **Robena Black**, Thursdays, 6 p.m.—8 p.m. Learn to play this fun game. Open to the general public to all adults.

*Saturday Night Dance*—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for January: 1st—NO DANCE, 8th—Bill Pollard Back Porch Country, 15th—NO DANCE, 22nd—Southern Exposure, 29th—Bill Pollard Back Porch Country.**

*Card Game Canasta*—Fridays, 12:30 p.m. with Instructor **Carolyn Arnold**. Open to the general public for all adults.

*Legal Aid Intake Day at The Enrichment Center*—First Friday of the month, 10:00 a.m.—2:00 p.m. A **FREE** service provided by **Legal Aid of NC, Inc.** Types of cases accepted: housing evictions, foreclosures, domestic violence, unemployment and benefits denials. Appointments preferred but walk-ins accepted. To schedule an appointment call 1-800-672-5834.

*“Let’s Talk” with Mayor Cornelia Olive*—Thursday, January 20, 10:30 a.m. Come and share your concerns and views with **Mayor Olive** in this informal setting open to the general public.

**Y** Tuesday, January 4, 5:00 p.m. meet at **Crossroads Grill** and then return to The Enrichment Center to play cards.

**a** *Our sisterhood is a network with other females in an exciting and stimulating group.*  
**a** *It’s the perfect opportunity to receive support and encouragement from a sister. Call 776-0501 ext. 201 to register.*  
**y**  
**a**  
**d**  
**a sisters**

*A Novel Approach Book Club*—Will meet Tuesday, January 11 at 12:00 noon and discuss Persian Pickle Club by Sandra Dallas. The book for February is Olive Kitteridge by Elizabeth Strout. Registration is not necessary and the group is open to the general public.

*S.A.P. Sanford Area Photographers Club*—Thursday, January 20, 6 p.m. with facilitator **Bob Smith**. Come and share ideas and methods with fellow amateur photographers. Open to the general public for all adults.

*SCRABBLE*—First Thursday at 12:30 p.m. Open to the general public for all adults. Call 776-0501 ext. 201 to register.

*Living with Vision Loss Support Group*—Wednesday, January 12, 1:00 p.m. with facilitator **Nora Gunter** for those with vision impairments (including Macular Degeneration) and their loved ones. Open to the general public.

*Nifty Noggins are fashionable head coverings for cancer patients.* Come by The Enrichment Center and choose one or two of the trendy and seasonal head coverings which are made from the latest fabrics and colors. **Anyone in need of head coverings can call Carole at The Center, 776-0501 ext. 205. Volunteers will meet Thursday, January 13 at 10:00 a.m.**

*The San-Lee Dancers*—The San-Lee Dancers will meet Tuesday, January 11, 6:00—9:00 p.m. Cost is \$5.00 per person. Ages fifty+ (couples and singles) and younger guests welcome! **“Elvis” [Alias Wayne Mims]** will sing/play Elvis songs the first half, then offer other music after intermission.

*Calling all card players*—Join us on the 4th Wednesday each month at 2:00 p.m. Bring cards, friends and play the game of your choice. Open to the general public.

*Veterans Remembrance Group*—Wednesday, January 12, at 2:00 p.m. with guest speaker Jim Doyle, Vietnam and Iraqi Freedom veteran. Open to the general public. Registration encouraged call 776-0501.

**Dash** Anyone Can Ride  
 A Service Provided by  
**COLTS**

**Monday-Friday** County of Lee  
**7:00 a.m. - 5:00 p.m.** Transit System

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 1. Wal-Mart                           | 5. Riverbirch Shopping Center |
| 2. Central Carolina Community College | 6. Stewart Manor              |
| 3. Makepeace Apartments               | 7. The Enrichment Center      |
| 4. Central Carolina Hospital          | 8. Kendale Shopping Center    |

\$2.00 per trip. Priority given to age 60+ and disabled passengers. Wheel Chair Lift-Equipped.

For complete details, schedules and vouchers call 919-776-0501 ext. 228.

[www.leecountync.gov/colts.aspx](http://www.leecountync.gov/colts.aspx)

## **Lee County Volunteer Base**

*People Need People. Make a difference in Lee County  
by joining our team!*

If you are interested in volunteering  
at The Enrichment Center or in Lee County or if  
your organization is in need of volunteers, contact  
Janice Holmes today at 919-776-0501 ext. 201.



### **Volunteer Spotlight**

This month's Volunteer Spotlight shines on  
our wonderful Angel Tree volunteers. These  
volunteers logged many miles and carried many pounds of  
food and personal care items to older adults in Lee County.  
These volunteers are a huge part of the annual Angel Tree  
project. Thank you for your time, dedication and service  
to our community.

***Congratulations!***

**Outstanding Volunteers  
In Lee County...**



The North Carolina Commission on Volunteerism and  
Community Service presented the 2010 Governor's  
Award for Volunteer Service to three recipients from  
Lee County. They were honored with a reception at  
The Enrichment Center Tuesday, December 14th.  
Pictured are recipients Sonja Blalock, Linda Rapp,  
Janice Holmes (Volunteer Services Coord.)  
and Reid Cagle.

### **GOVERNOR'S AWARD FOR VOLUNTEER SERVICE**

Due to the reorganization of the Governor's  
Awards for Volunteer Service,  
the NEW timeline is in effect.

**Nominations are now being accepted  
for the 2011 Governor's Award for  
Volunteer Service.**

This year marks the 33<sup>rd</sup> anniversary of this  
program that showcases North Carolina's most  
dedicated volunteers. Through the years, North  
Carolinians have proven their concern and  
compassion for their neighbor's by volunteering in  
their local communities.

Each county selects five individuals, businesses,  
groups/teams and one Director of Volunteers to  
be recognized for their outstanding contributions  
to their communities. One of the five recipients  
will be nominated to receive the Governor's  
Medallion Award for Volunteer Service. A local  
committee evaluates the nominations.

Nomination forms are available in Lee County at  
the The Enrichment Center, 1615 S. Third Street,  
Sanford or at [www.leecountync.gov/ec](http://www.leecountync.gov/ec).

**Please return the completed forms no later  
than Monday, January 31, 2011 to Janice  
Holmes, Volunteer Services Coordinator.  
For more information, you may contact  
Janice at 919-776-0501 ext. 206.**

### *AARP Income Tax Filing for 2010*

AARP is looking for volunteers to assist in  
preparing taxes for Lee County older adults.

Training will be held January 2011.

Volunteers must work a minimum of 8 hours a  
week during February and March.

Call **Nancy Johnson** at 919-499-5577  
for complete details.

# Diners **A daily celebration**



Join Us for Lunch  
in The Enrichment Center's  
Diners Club! A nutritious lunch  
is available Monday through Friday  
at 12:00 noon for Lee County

residents 60 and better. Menu selections include:

**C** spaghetti and meat sauce, pork chop, BBQ  
chicken, tuna salad, baked chicken, fish  
**I** sandwich, fruit, dessert and beverage. Call 776-  
0501 ext. 208 for information and to register.

**U** The following 11:00 a.m. Diners Club

**b** Programs for JANUARY are open to  
the general public:

5th—Laurence Poindexter singing & playing  
guitar

7th—Extra Bingo

12th—Miller Boles program

14th—Extra Bingo

17th—HOLIDAY—CLOSED

18th—Sassy Red Hatters

19th—Marcus Parker singing

20th—Let's Talk with Mayor Olive

21st—Wii Bowling

26th—Albert Rowe singing as "Elvis"

28th—pictures with Mark Coggins

# HAPPY NEW YEAR

FROM:

## The Senior Services Advisory Board

Mary Upchurch, Chair  
Lee Co. Senior Tar Heel Legislature Rep.

Esther Siler, Vice Chair  
Alternate, Lee Co. Senior Tar Heel  
Legislature Rep.

Garland Wood "Woody" Beale, Jr.

Alice Beardslee

Janet Fasick

Brenda Ingram

Karen Oldham

Commissioner Ed Paschal

Donese Pulley

## The Enrichment Center, Inc. Board

Margaret Murchison, President

Walter "Bud" Greene, Vice President

Bob Will, Treasurer

Deborah P. Davidson, Secretary

James Emerson

Tom Joyner

Ruby McSwain

Bill Towson

Tony Lett

Helen Hincks

June Gunter

# Enrichment Center



**CHOIR** Mondays 10:15 a.m.

# New Members Welcome

# Let's Travel

**Call 776-0501 ext. 201 to register!**

*Additional information is available at the front desk.*

*Payment in full is due at time of registration for day trips.*

*A deposit to hold your space for overnight trips is due at registration. Our trips are filled; however, place your name on the waiting list at no cost.*

**May 2 - 6, 2011**

**Savannah, the Belle of Georgia.** Join us as we tour the historic and genteel city of Savannah, Georgia.

Double \$415, Single \$515, Triple \$395...includes 4 nights lodging, 4 breakfasts, 4 dinners and transportation aboard a chartered bus. **This trip is filled; however, add your name to the waiting list at no cost.**

**More trips are being planned!**

**Be on the lookout for details in future CENTER POST issues.**



*Happy New Year!*

**The Grancare  
Christmas Party**

**was enjoyed by 16 children and  
28 adults. A turkey meal with**

**all the trimmings, fellowship, games and of course**

**Santa made for a very exciting evening.**

**Our grandparents and other relatives raising  
grandchildren will begin our new year on**

**Thursday, January 13, 2011**

**at 12:00 noon for lunch and planning for 2011.**

**Grancare is open to anyone.**

**If you would like more information  
please call Judi at 776-0501 Ext. 230.**

## *The Enrichment Center of Lee County Trip Policy*

Trip policy revised and approved by the  
Lee County Senior Services Advisory Board  
(Board members appointed by the Lee County Commissioners)

October 20, 2010

**Priority is given to Lee County residents, Boomers and Better (born between 1946-1964).** Those who are younger than Boomers or non-Lee County residents may be placed on the waiting list and will be allowed to register after a 45-day waiting period, space permitting.

**Payment in full is due upon registration of day trips** in order to maintain payment terms with our vendors, **unless otherwise stated on trip flyer.** You must be of serious interest when placing your name on a desired trip. If you sign up for a trip that interests you, you must pay a non-refundable deposit of \$50 (unless otherwise requested) at the time of registration for an overnight trip. **No names will be accepted unless accompanied by a deposit or payment in full.** The remaining balance terms will be on the trip information flyer.

If you would like to cancel your plans to take a trip on a chartered bus with us, we will do everything in our power to refund any money you have paid towards the trip. Please understand that when a chartered trip is planned, we must send in a deposit which the charter company will not refund. In such cases, we will assist in finding someone to take your place-if there is a waiting list. **It is highly recommended that for overnight trips you purchase trip insurance coverage which is available through the motor coach company.**

Occasionally, there is not enough interest in a trip causing us to cancel the event. In this case, you will receive a refund in full. If alternate vehicles are used for the trip (instead of a bus), a partial refund will be made to you. (The cost of fuel/vehicle rental will be divided equally amongst the participants.)

**Please remember that our trips depart on time.** When departing from the Riverbirch parking lot, **please park behind the pond in front of the J.C. Penney's/Belk stores - as close to the pond as possible.**

Seating on the bus is on a first come, first served basis. Saving of seats is NOT allowed except in the case of one (1) traveling companion. Since it is necessary for the staff/volunteer escort(s) to communicate with the driver, he or she will occupy the front seat on the van(s) or the first seat on the passenger side of the bus. It is our desire to provide you with a pleasurable and memorable experience. **If you have any questions, please contact Janice Holmes at 919-776-0501 ext. 206.**

**corner****caregiver****January**

Snow ~ Ice ~ Darkness ~  
Loneliness ~ Desolation or...

**January**

Beautiful Scenery ~ Quiet Snowfalls ~  
Glistening Icicles ~ Restful Routines

Dear Family Caregiver,

Connection with others is the first need to express itself in the human life and it remains until the end. No matter how much a person changes on the outside, socialization is vital.

Isolation and loneliness have been shown to have detrimental effects for **all** of us on our physical health, mood, sleep patterns, appetite and the ability to get along with others. For both you and your loved one, isolation has far-reaching effects. Socialization of some kind is not a luxury to look forward to when you have more free time, it is a necessity... now! This doesn't mean you have to become a social butterfly, but it does mean that you both need some time away from your caregiving routine. As a caregiver, you need respite (*"the gift of time"*) and your loved one needs interaction with others. Just a few hours a week can make a big difference ...

Opportunities for respite in Lee County include: Caregiver Time Out Respite Program, adult daycare, various in-home agencies and individuals.

**NEW YEAR'S RESOLUTIONS FOR CAREGIVERS****Ask for Help****Utilize Community Resources****Take Time for Yourself****Communicate Your Needs to Family & Friends****Accept Help from Others**

Please call 776-0501 if you would like more information on our Family Caregiving Program.

Happy New Year, Judi

**Parkinson's Support Group**

Facilitated by **Bob Brickhouse**, this group meets the 3rd Wednesday of the month at 10:30 a.m. We encourage anyone with Parkinson's disease and their caregiver to join this group. Open to the general public, all adults are invited. Registration not necessary.

**"ANGELS"**

*Angels Now Getting Empathy, Love and Support*  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday 6:30 p.m.

Gail Valentine, Facilitator

**Tuesday, January 18, 6:30 p.m. Guest Speaker Betsy McNeil, RN, Community Educator, Community Home Care & Hospice Topic: "Compassion Fatigue"**

This group is growing! It provides a forum for families and friends of individuals with dementia, strokes, and other related conditions, to share experiences and information, discuss mutual problems and learn coping skills. Open to the general public, all adults are invited. Registration not necessary.

**SAVE THE DATE****National Caregiver Training Program****Tuesdays February 1—22 and March 1 & 8, 2011****3:30 p.m.—5:00 p.m.****NO Cost—Made possible by the National Family Caregiver Grant. Donations accepted.**

Caregiving today includes learning the skills necessary to provide care, accepting the fact that you can't do it alone and being aware of the need to take care of yourself while you are a caregiver. **The National Caregiver Training Program** has been designed to help you learn the skills and knowledge you need to provide safe and confident home care. This course includes video instruction, lectures, demonstrations by the class teachers and hands-on practice. Handouts include key points and definitions for each session and course evaluations. You will receive the book Quick Tips for Caregivers to use as your textbook. Call Judi at 776-0501 ext. 230 to reserve your seat for this class.

**Keeping warm with Apple Raspberry Spiced Cider.**

**Makes 8-10 servings. Ingredients: 2 quarts apple cider, 1 can frozen raspberry cocktail concentrate, 2 cinnamon sticks, broken in half, 2 cups frozen raspberries.**

**In a saucepan, stir together apple cider, raspberry cocktail concentrate and cinnamon sticks. Bring to a boil over medium heat, then reduce the heat to low and let simmer for about 10 minutes. Stir in raspberries and serve directly from the saucepan or transfer to a Crock-Pot to keep warm. Serve with additional cinnamon sticks for stirring, if desired.**

**REMINDER**—We need your quick and easy recipes for our Caregiver's Cookbook. Drop them off to Judi at The Enrichment Center or email them to [jwomack@leecountync.gov](mailto:jwomack@leecountync.gov).

## Veterans of War

Artist molds heroes' hands for project.

Five chosen to represent

Lee County for display at N.C. Veterans Park.



Artist Aaron Wallace casts the hands of the five Lee County men chosen for his display at the North Carolina Veterans Park in Fayetteville. The County representatives for the project are (left to right) Jonathan Barrs, Perry White, Leland McIntire, Clinnie Malcolm Laws, William Waddell.

The veterans were chosen to represent Lee County in an artistic endeavor by the Arts Council—Fayetteville, Cumberland County and artist Aaron Wallace, who is crafting a display for the NC Veterans Park in Fayetteville. The men's handprints will appear on a wall Wallace is crafting—alongside those of veterans from all of North Carolina's 100 counties. Counties are also providing soil samples for the project. The Lee County sample is from the Veteran's Memorial in Broadway. The park is expected to open July 4, 2011.

### Lee County Veterans Service Office

*The mission of Lee County Veterans Services is to pursue a high quality of life for local veterans, their families, and their survivors. It is our goal to increase public awareness of the services available to veterans and their families. We advocate for Lee County veterans and their families by assisting them in obtaining the benefits to which they are entitled.*

*Get Assistance With Your VA Benefits  
Monday—Friday 8:30 a.m.—12:30 p.m.*

*John O. Sandrock, Lee Co. Veterans Service Officer  
919-776-0501 Ext. 209*



The Lee County Veterans Service Officer (VSO) assists eligible veterans and their families, deceased veteran's dependents and survivors in applying for benefits from the U.S. Department of Veterans Affairs (VA) and the N.C. Division of Veterans Affairs. Members of the Reserves, National Guard and active duty service members are also welcome to call the county VSO for assistance with any matters involving the VA. While Lee County is not the authorizing organization for these benefits, the County Veterans Service Officer can assist the veteran greatly in the following areas:

- Assessing and confirming eligibility
- Completing the documentation required by the VA and NCDVA
- Explaining complex issues and forms
- Referring veterans and service members to other agencies that may be of assistance

## Caregiver Time Out

*An afternoon respite for family caregivers.*

**Tuesdays: 1:00 p.m.—3:00 p.m.**

**The Enrichment Center  
1615 S. Third St., Sanford**

**Thursdays: 2:00 p.m.—4:00 p.m.**

**St. Luke United Methodist Church  
2916 Wicker St., Sanford**

**Attention...family members caring for a loved one, receive a two hour break each Tuesday and/or Thursday. The care recipient will enjoy socialization, crafts, music, armchair exercise and much more. If you would like further information call Judi at 919-776-0501 ext. 230.**



The Enrichment Center  
1615 S. Third Street, Sanford, NC 27330  
919-776-0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)  
email: [enrichment.center@leecountync.gov](mailto:enrichment.center@leecountync.gov)

**June 2008 Re-Certified Senior Center of Excellence by  
the North Carolina Division of Aging and Adult  
Services.**

**Be sure to tune in to The Enrichment Center Radio  
Newsletter Monday through Saturday,  
11:35 a.m. on Life 103.1 WLHC-FM.**

Non-Profit Org.  
U.S. Postage  
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27330  
Permit No. 198

The Enrichment Center will be CLOSED  
Monday, January 17, 2011 in observance of  
Martin Luther King, Jr. Day.

The mission of Lee County Senior Services  
is to fashion an achievable vision of successful aging in Lee County.



# Ti amo

Italian for, "I love you"

Bring your valentine, best friend or special guest to  
the "Italian Valentine's Dinner"  
Thursday, February 10, 2011  
6:00 p.m. Cost \$7 per person

Kim Brown, 2010 Lee County Idol and Darryl  
Barrett, 2010 Lee County Idol Runner Up will  
sing your favorite love songs from the past.

**Menu:** Lasagna, salad, bread, chocolate  
dessert. Catered by Judi Womack and EC Staff.

Registration required. Call 776-0501 ext. 201.



**Black History  
Celebration**  
Friday, February 25, 2011  
10:30 a.m.

Master of Ceremonies:  
**Sandra Boyd**, Health Education Supervisor  
Special Guest Speaker:  
**Major Carlton Lyles**, Field Operations,  
Lee County Sheriff's Office

Registration requested, call 776-0501 ext. 201.



### Inclement Weather

The Enrichment Center is a Lee County Government facility. During inclement weather, when Lee County Government offices are closed or on a delay, so is The Enrichment Center. Postings are made on WRAL-TV Raleigh and WTVD-TV Durham. Announcements are made on Sanford radio stations WFJA 105.5 FM, WWGP 1050 AM and Life 103.1 FM. **NOTE:** If Lee County Government Offices are on a delay or closed, The Enrichment Center's Diners Club and Home Delivered Meal Program will be closed.